



STYLE
SCHOOL GIRL
GOES OFF TO
WORK {page 18}



Thursday, November 10, 2011
www.metronews.ca



News worth sharing.

‘This is a call to action’

► London becomes first Canadian city to force occupiers out of a park ► Police showed restraint, mayor says



ANGELA MULLINS
@METRONEWS.CA

The Occupy London encampment has been dismantled. No one was arrested. There was no violence. Now, Mayor Joe Fontana says, the work starts.

“This is a call to action,” Fontana said hours after police marched into Victoria Park about 12:45 a.m. and tore down the occupiers’ tents. The city’s goal, he said, will be to prove you can “change the world by starting in your own community.”

Fontana again asked protesters for their help in addressing concerns they’ve raised, including homelessness, too little support for people with mental-health issues and poverty.

In the meantime, members of the occupation spent yesterday planning their next steps.

Eric Shepperd, 27, of London, one of the movement’s most well-known voices, said some people are angry that police took action. He, like Fontana, urged people to move on.

“We’re focusing so much on

The aftermath

- Officials taking stock of Victoria Park were aware of no major damage yesterday morning.
- Extra police foot patrol officers are expected to be in the park for the next few days.

what happened ... that we’re missing what’s happening tomorrow,” Shepperd said, noting a rally is planned for 2 p.m. Saturday at the park. “There’s no clear indication of what our move is in terms of an

occupation, but the community is still strong.”

Shepperd wants to open a conversation with city officials in hopes the parties can meet in the middle and occupiers can set up in a new public space.

Hundreds of supporters flooded into the park about 6 p.m. Tuesday, the deadline city officials set for protesters to leave. Police moved in as the crowd started to thin.

Most of the makeshift community was cleared away in about an hour. At that point, about 20 people formed a tight circle, locked

arms and sat on the ground, refusing to obey a city bylaw that closes parks from 10 p.m. to 6 a.m.

They stayed there, with some sleeping as they waited, until 6 a.m. when police officers simply walked away.

Chief Brad Duncan said the main priority was to remove the occupiers’ tents. Continued defiance of the park bylaw, however, could result in criminal charges under the provincial trespass to property act, he said.

Readers react {page 4}

Merry. Morning



► Steve Day hands out drinks and a bit of holiday cheer yesterday along Richmond Street.

A boost of holiday cheer

Steve Day and other Starbucks district managers were competing in a Amazing Race-style event that took them to four stores in the city to complete various tasks. The chosen challenge at the Richmond and Dundas location included a mid-morning boost for people passing by.

Local

Charity getting cosy

► Londoners step up and donate plenty of winter wear for the needy {page 3}

More Greek chaos

Country’s coalition talks break down {page 9}





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Coat campaign garners strong support

- ▶ Weekend giveaway marks 14th annual Koats for Kids
- ▶ Volunteers are in the process of collecting, sorting children's winter wear

ANGELA MULLINS/METRO



▶ Mary-Jane Mastrandrea and Vladlen Venhrzhanovskiy, staff at PricewaterhouseCoopers accounting, sort coats Tuesday at the Boys & Girls Club of London. Volunteers have spent hundreds of hours preparing for this weekend's Koats for Kids giveaway.

ANGELA MULLINS
@METRONEWS.CA

Making your way through the Boys & Girls Club of London's basement hallway is a tight squeeze these days.

There's literally a wall of children's coats that workers must manoeuvre past when navigating the narrow passage. It's all because response has been overwhelming for this year's Koats for Kids campaign, said Daisy Oliver, the club's fundraising co-ordinator.

Donations are reaching

into the hundreds if not the thousands, Oliver said, and she expects the same kind of scenario when the clothing giveaway starts Saturday.

"We have as great a need if not greater than last year," she said, noting the city's high unemployment rate. "People keep warning me that there are going to be people (lined up) around the block."

While coats are the giveaways' namesake, families will also be able to pick up mittens, boots, scarves, hats and snow pants. Kids don't have to be present, but

adults are asked to bring identification — like a health card or birth certificate — for each child receiving clothes.

Immigration papers also will suffice as identification, Oliver said. Proof of income is not required.

"We have a lot of new immigrants that come to Canada and have to face their first winter."

When you have ... several children and you have to clothe them top to bottom for winter it's quite a daunting financial burden," she said. "If you come here, we're not going to ask how

1,182
The number of people who picked up clothing during last year's Koats for Kids campaign.

you got here, we're just going to ask 'How can we help?'"

The distribution is from 9 a.m. to 4 p.m. Saturday and 9 a.m. to 2:30 p.m. Sunday at the club, 184 Horton St.

Donations are still being accepted. Leftover items will be distributed to local charities.

Guilty plea in girls hockey fraud

A 52-year-old man has pleaded guilty to fraud involving a girls hockey association in Woodstock, Ont.

Peter Williams, 52, will be sentenced Dec. 13.

Williams was accused of stealing more than \$45,000 from the Woodstock Wildcats Girls Hockey Association.

As the Wildcats treasurer, Williams cashed 30 cheques to himself between May of 2010 and this past May.

Questions surfaced when the Wildcats got an overdue ice rental bill from the city for \$56,000.

Williams' family has apparently paid the money back to the Wildcats.

THE CANADIAN PRESS

Lightning look to extend win streak

The undefeated London Lightning host the Quebec Kebs tonight in National Basketball League of Canada action at the JLC.

The Lightning, first overall with a 3-0 record, are led by small forward Taylor King, who is averaging 19 points per game and leads the league in three pointers.

London power forward Gabe Freeman was the league's inaugural player of the week last week.

The Kebs are 2-2.

Game time is 7:30 p.m. (lightningbasketball.ca.)

● METRO

Man, teen killed in crash

Provincial police say an 80-year-old man and a 16-year-old boy died in a two-vehicle crash northwest of Tillsonburg, Ont.

Police say George Shelton, 80, of Ingersoll and 16-year-old Garret Stubbe of Norwich Township were killed in Tuesday's crash on County Road 13 at Quaker Street.

Police want to hear from witnesses.

THE CANADIAN PRESS

Stars will be out for variety show

Art leaders

- ▶ The fundraiser is a united effort by the artistic leaders from Ontario's leading performing arts organizations, including the Grand Theatre.

A star-studded cast has been assembled for Spotlight on Goderich: A Variety Show at the Huron Country Playhouse in Grand Bend on Sunday, Nov. 20 at 3 p.m.

Leading performers in Canada's professional theatre community will be

coming together in an afternoon of singing, dancing, and comedy.

Confirmed artists include: Louise Pitre (international star of Mamma Mia), David Rogers (Raoul and Phantom in Toronto's Phantom of the Opera) and Rod Beattie (15 seasons with the

Stratford Shakespeare Festival). Humorist Neil Aitchison will act as master of ceremonies.

Tickets are \$50, and includes a \$25 tax receipt. Tickets can be purchased through the Drayton Entertainment box office at 519-238-6000. ● METRO

1
news



Quebec wants a Catholic congregation to add more money to an \$18-million settlement accepted by 215 victims of sexual abuse. Scan code for the story.

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Buddy and Pedro, the Toronto Zoo's same-sex penguin pair, have become an online sensation. Watch video of them at metronews.ca/video

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Londoners weigh in on Occupy London



► Lights from police cruisers flash in the background as an Occupy London participant loads items into his truck at about 2 a.m. yesterday. Police and bylaw-enforcement officers moved in on the Victoria Park encampment about 12:45 a.m., prompting the occupiers to start hauling items out.



► Cory LeBlanc, 21, of London drags sleeping bags out of Victoria Park at about 1:45 a.m. yesterday. Some said their personal belongings were tossed into garbage trucks. City officials said the items are being stored in a "secure location" and will be returned.

Occupy London



We asked Londoners through social media what they thought of how the Occupy London situation was handled. Here's what you said:



On Twitter:

- **@SweetVally:** @themetrolondon watching this all unfold, I just want vic park back.
- **@Ohilyra:** I think the eviction was unnecessary. They weren't hurting anybody/thing, keeping it clean, and being peaceful.
- **@thelambikins:** @themetrolondon I think it

should have been done earlier and actually followed through with... they're still there aren't they?

- **@barkerp:** While I support the right to protest, the city needed to follow thru with bylaw enforcement.
- **@shauntsy:** @themetrolondon The park is a great place to network but let's plan for Occupy when we have problems with our banks like the US does.
- **@NikkehSass:** @themetrolondon I think it was handled in a PR sort of way. Joe obviously didn't want to look bad & waited till the crowds dwindled to evict.

On Facebook:

- **Ann Martin:** I think that other cities need to follow suit. I'm quite proud of how it has been handled by our mayor and am relieved it ended peacefully.

- **Deborah Alice Zuskan:** Peaceful and respectful on both sides.
- **Katie Naus:** I thought it was handled very well! I was happy to wake up and hear that no problems arose overnight. They were not protesting an inability to sleep in the park so they shouldn't be allowed to stay there forever. An information booth or community meetings would be more useful to get their voices out there instead of breaking bylaws.
- **Darin J. Addison:** Thank you to the veterans who fought in World War I & II so the occupiers in all cities — Canada and US — have the democratic freedom to occupy and voice their opinion.
- **Dan Lenart:** We have no freedoms unless they are claimed. Governments need to protect individual

rights and personal responsibilities, not restrict them. Standing up, and speaking out is always better than doing nothing. By no means was it a waste of time.

By email:

- **Mike Battista:** I have mixed feelings about the occupy movement. London's leaders were within their rights to evict the occupiers, since there is a bylaw asking people not to put up tents in city parks. However, there are many "unless authorized" exceptions. Apparently "we demand people giving us money for sunglasses, gangsta blankets, and overpriced meat" is good enough to skirt the bylaw (see: Sunfest, Ribfest, every other fest there in the summer). But "we demand a better future for our chil-

dren"? Get out!

... On the other hand, the occupy movement is failing. It's clear from the public's reaction to London's movement that most people don't know what the protesters are protesting. Signs, well-meaning people, and infographics have attempted to explain the protests. But they either contradict each other or complain about a problem without offering a solution. "We are the 99 per cent," for example, doesn't even point out a problem, let alone offer a solution. It'd be nice to see a list of problems, with potential solutions offered by experts in the field. That would get me listening.

- **Chad Callander:** I thought this was nothing more than a group of people trying to cause chaos. I was wrong to

jump to such conclusions, but still do not agree with their movement. It seems that the theme was frustration with the status quo. I can agree that the current distribution of wealth and services is not fair. However, I feel that we can do more by working with the government and not against it. Imagine what those protesting could accomplish taking the time spent "occupying" and instead volunteering for a cause they shared.

With more than 800 occupy movements in North America alone, it is not 99 per cent but significant enough for us to stop and take notice. However, our city has taken steps to address the needs and wishes of those occupying Victoria Park, and it now time to move on.

Hominick one month away from the octagon



The last time Mark (The Machine) Hominick stepped into the cage in Toronto, he walked out with fight-of-the-night honours. Could the same thing happen a month from today?

"It's going to be an exciting fight," said Hominick, who takes on Chan Sung Jung in a featherweight bout at UFC 140 at the Air Canada Centre on Dec. 10. "I think that was the main reason the UFC and the fans wanted this fight, be-

cause we're both action-packed fighters.

"It makes sense for the rankings, it makes sense for the fans, and it makes sense for this card in Toronto."

Hominick, with a record of 20-9, says he will have to keep a cool head against the guy known as The Korean Zombie, 11-3.

"He's very aggressive, very wild, very reckless," said Hominick. "So I think just staying out of that kind of battle is going to get me the victory.... Make it a technical battle as opposed



► Mark Hominick of Thamesford shown at the weigh-in for UFC 129 in Toronto last April.

to a war, because he likes to drag fighters into a knock-out brawl. I think that's going to be the hardest part,

is just staying composed, sticking to the game plan and picking my shots."

Obviously there hasn't

been as much media attention on Hominick for this bout since it's not a title shot, but that doesn't mean he's been able to completely focus on preparation. In the past three weeks, he's been to Ottawa, New York, Houston, Las Vegas, Chicago, Kingston, Ont., and Gatineau, Que., for various UFC and sponsor commitments.

"My life's basically done a 180 since the last fight," said Hominick, 29. "I've had a lot more appearances and I'm starting to get a feel, a newfound respect

Looking at UFC 140

- Mark Hominick returns to action for the first time since losing the featherweight title fight to Jose Aldo at UFC 129 at Toronto's Rogers Centre on April 30.
- Hominick's opponent at UFC 140, Chan Sung Jung, won his last bout in March with a second-round submission.

for the guys who are up there, and the extra demands that come with being a more noticed fighter."



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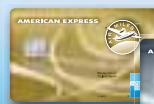
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Polar opposites?

► Which animal should be Canada's proud national symbol? The beaver or the polar bear?

► Metro Ottawa managing editor Sean McKibbin and Metro Winnipeg managing editor Elisha Dacey discuss the pros and cons

TEAM POLAR BEAR

ELISHA DACEY
METRO WINNIPEG



TEAM BEAVER

SEAN MCKIBBIN
METRO OTTAWA



PHOTO ILLUSTRATION/DAVID VAN DYKE/METRO

Sean: Polar bears are too intimidating to be Canada's national symbol.

Elisha: There's nothing wrong with Canada's new symbol being a little more intimidating than the beaver. We can't be a nation of apologetic fur-trappers with big teeth forever, plodding along like a wet oversized rat.

Sean: The beaver is the entrepreneur and engineer of the animal kingdom.

Hardworking, industrious and clever, the beaver launched not one but two national retailers, HBC and the Northern Store. It taught humans about the lumber industry, the fur trade and how to build hydroelectric dams.

Who would you rather have as a role model for

kids? A Coca-Cola-swilling albino bully who gets his kicks killing cute baby seals and making Sir Paul McCartney cry before heading down to the Churchill dump to scavenge for parts for his Trans Am, or an industrial tycoon? It's Trailer Park Boys vs. Dragons' Den here, and the beaver-capitalist is coming out on top.

Elisha: We need a symbol that shows our strength and our pride, and that matches the majesty of our beautiful country. Not one that shows off our flabby belly.

The polar bear is a fuzzy-pawed survivalist. Able to live through the harshest of conditions; the polar bear is so hardcore that it can take on a beluga whale. There's no cosy-

The question that sent you all a-Twitter



Which is better? The polar bear or the beaver?

- @flangela_lyne: I'm #TeamBeaver! What would Canada be without the famous #Beavertails? Do we want our symbol to be a bar shot? #polarbear
- @destinfall: I'm Team Beaver.
- @OliviaJonesQMFM: Polar bear!
- @ImperialUedi: Team Polar Bear!

- @ilockitdown: I wish there was a #TeamMoose
- @DayaCounselling: Team Beaver! They're on our 5 cent coins. Plus they cut down trees with their teeth! That's just awesome! ^NS
- @Myles_Burke: Polar Bear. I don't think that we need to purvey ourselves so passively (as beavers) all the time.
- @Wanitalund: I'm neither, I want a Moose

ing up in a den to sleep through the winter like most bears. They tough it out. They survive in the open tundra. They're at the top of the food chain.

And they're good-looking, to boot. It's an image Coca-Cola is smart enough to cultivate.

Being clever and industrious is fine for sidekicks.

Being majestic, fearless and quietly strong is better for leaders.

Sean: I'll take an animal who builds a safe, sturdy house for his family and sticks around to raise his young over one that leaves a trail of single bear mothers who are forced to burrow into a snow bank to find a place to hibernate with their kids.

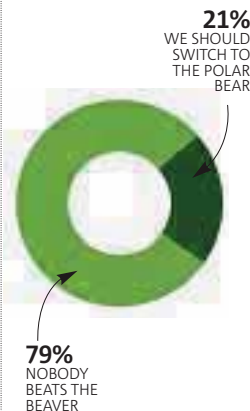
Beavers are dam fine animals.

Elisha: Like I said, polar bears are survivors. They can make a home out of anything, even a snowbank, and mama is fierce enough to raise her cubs on her own.

And I'm pretty sure they wouldn't mind munching on a tasty beaver — spitting their pelts out as they go.

What you say

In a clash of nationally symbolic titans, which corner are you in?



He's back from the brink of death

As Minhaj Gedi Farah lay silently on a hospital bed three months ago, even his mother had given up hope that the skeletal Somali baby would live.

But now, after intensive feeding, Minhaj has been transformed into a chubby-cheeked boy.

His amazing recovery was highlighted yesterday at a New York fundraising event held by the aid group International Rescue Committee, which helped nurse him back to health.



► Last July, then seven-month-old Minhaj Gedi Farah weighed a pitiful 3.2 kilograms.

Famine has killed tens of thousands of Somali children this year. But the United Nations says food aid is now getting to 2.2

million of the four million Somalis who need it.

"His mother never thought he would recover. Every member of his fami-

ly is happy," said Sirat Amin, a nurse-nutritionist with the International Rescue Committee. "He can sit without being supported.... He's crawling."

Last July, seven-month-old Minhaj weighed only 3.2 kilograms, less than some newborns. Pictures of his gaunt cheeks and bulging eyes made him the face of the famine.

Now he's nearly eight kilograms, almost normal for a boy his age.

THE ASSOCIATED PRESS



► Just look at him now: Little Minhaj is held by his mom, Asiah Dagane, at a hospital in Kenya.

IRC/THE ASSOCIATED PRESS

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Be prepared for massive quake

- ▶ Top geophysicist says training will reduce fatalities
- ▶ Improved earthquake-hazard maps provide protection

Canada could expect a major earthquake at any time and a top geophysicist says it should prepare itself if it is to avoid the kind of disasters that befell Japan, Italy and China in recent years.

John Cassidy, head of earthquake seismology at the Geological Survey of Canada, says large earthquakes have hit parts of Canada numerous times — and will again.

"Certainly we could expect an earthquake at any time and should be prepared for a large earthquake at any time in Canada," Cassidy said in an interview prior to delivering a lecture at Carleton

Vulnerable

- ▶ He says the most vulnerable region is the West Coast, which has been hit with giant, magnitude-9.0 quakes 13 times in the last 6,000 years, the last of them 311 years ago.
- ▶ B.C. is in the window in which a massive earthquake is more likely to occur, he says, but he acknowledges that window spans 200 to 850 years.

University. "We've seen many over the years, going back in time."

Predicting earthquakes with any degree of consistency, Cassidy says, re-

mains next to impossible.

"Unfortunately, we cannot predict earthquakes, either here or anywhere," he said. "There's no consistent, successful way to predict exactly when earthquakes will occur and how large (they will be)."

The only thing people can do is be prepared, he says.

Canada is identifying vulnerable areas, estimating potential magnitude, frequency and type of quakes. Using that information, planners can draft appropriate building codes and construct quake-resistant infrastructure to minimize the damage.

THE CANADIAN PRESS

Occupy. Protests



PAUL CHIASSON/THE CANADIAN PRESS

Officials say it is time to move on

Toronto Mayor Rob Ford yesterday said residents and businesses have "had enough" of Occupy Toronto protesters and it's time to ask them to leave. Officials in Vancouver, Victoria and Calgary have also made plans to start removing camps while Regina's protesters have been asked to leave voluntarily. In Edmonton, campers on land owned by a private company have been asked to leave and the mayor has talked about cutting off their power. Halifax campers cleared out on their own.

Older Canadians embracing social media

Older Canadians are increasingly following their younger counterparts into the world of social media, a

new poll suggests.

The Harris-Decima survey conducted for The Canadian Press indicates that 68

per cent of those asked used social media in 2011, up from 57 per cent two years ago. THE CANADIAN PRESS

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News in brief



Buyer to name huge diamond

GENEVA. A rare yellow pear-shaped diamond is expected to fetch between \$11 million and \$15 million at auction next week, and the buyer will have the chance to name it,

auction house Sotheby's said yesterday.

The so-called Sun-Drop Diamond is the largest known diamond of its kind, at 110.3 carats.





THE ASSOCIATED PRESS

Jackson items to be sold

LOS ANGELES. The contents of the home where Michael Jackson lived from December 2008 until his death — including the queen-size bed where he took his last breath, are to be sold at auction in December. The home is up for sale separately.

THE ASSOCIATED PRESS

Market moment

TSX	Dollar	Oil	Natural gas
			
- 332.64 (12,156.22)	- 1.31¢ (97.88¢ US)	- \$1.06 US (\$95.74 US)	\$3.652 (- 9.3¢)
			Gold \$1,791.60 (- \$7.60)

PRICES AS OF 9:30 A.M. YESTERDAY

Greek drama intensifies

- Talks on coalition break down
- Papandreou calls for unity

Greece's laborious power-sharing talks disintegrated into chaos yesterday, with political leaders failing to name a new prime minister who will take over from George Papandreou and head an interim government, despite three days of negotiations.

The latest setback in more than a week of political turmoil came less than an hour after Papandreou made a televised address to the nation saying Greece's political parties were joining together to save the debt-ridden country from rapidly approach-

ing bankruptcy.

But less than an hour later, Giorgos Karatzaferis, the head of a small right-wing party, stormed out of political leader talks being chaired by the country's president, Karolos Papoulias. The president's office scheduled another meeting for this morning — and a deal seemed as far away as ever.

Karatzaferis told journalists outside the presidential mansion that the other two political leaders had used "trickery" — but he provided no details.

THE ASSOCIATED PRESS



► Greek Prime Minister George Papandreou waves as he arrives at the presidential palace in Athens yesterday for a meeting with Greek President Karolos Papoulias.

Unclear who will lead Greece now

There has been intense speculation as to who will take over from Papandreou. Former Euro-

pean Central Bank vice-president Lucas Papademos had been widely tipped as the strongest candidate for

interim prime minister. But by yesterday another strong candidate had emerged — current Parlia-

ment speaker and former justice and public order minister Philippos Petalnikos. THE ASSOCIATED PRESS

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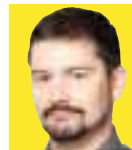
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CHANGE THE PITCH OF YOUR LEARNING CURVE

HE SAYS ...

JOHN MAZEROLLE
METRO



as studying.

It seems calm — midterms gone, a few weeks to term finals — but I remember this as the moment you had time to contemplate that you were doomed.

At first there's new-year buzz: Students observe who's become hot and/or cool, learn the new consensus jean-waistline height, and decide when to wow their peers with the three guitar chords they've been practising.

Then midterm marks painfully remind you: Time to prepare for a long grind of studying or pack it in.

Well, relax students: I humbly suggest you can do both.

As a veteran of high school, university AND comedy college, I'm qualified to point out that every school skill you pick up can be performed after graduation by iPhones, spell-checkers and whoopee cushions.

You'll forget most of the "facts" you learn. But if you use class as a springboard for half-assedness, well, that's the type of skill a person will use for the rest of his or her life.

"Teach someone a fib, they'll cheat for a day," the old saying goes. "Teach them how to fib and they'll cheat forever."

How To Study Without Really Trying:

- Find a good spot: The ideal area is a soundproof spot in your own room so you can lock your door and put a "DO NOT DISTURB" sign on it while you play Call of Duty: MW3.

- Break studying into segments so you don't get overwhelmed: For instance, if you plan to watch The Simpsons before you start your homework, you might

say: "OK, I just have to watch Bart wake up and realize he's joined the Junior Campers. Then it will be no time at all until Homer finds the Krusty Burger." In this way, even all-night Simpsons marathons won't seem too daunting.

- Study the hardest stuff first: This will give you the illusion that you're getting smarter as you go.

- Highlight everything: I don't know why it works, but all the smart kids highlight so often that their books increase in weight. You should follow suit, as a status thing.

- Get help from other people: Any experienced student knows the most effective way to learn new information is to grill smart people on the day of the test. Find a nerd in the morning, grab their arm and ask them questions in a tone of voice usually not heard outside of 911 calls.

- Above all, don't panic. Schools never let students fail the same grade twice. Technically, you could ignore your teachers from the first day of Grade 1 and be on your way to a 24-year vacation topped off with a diploma.

By the time you hit 30, you should really have those guitar chords nailed.

Read more of John Mazerolle's columns at metronews.ca/hesays

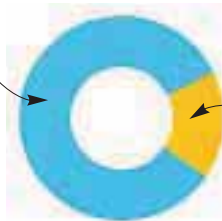
This time of year can be stressful for students, especially those who foolishly become preoccupied with pointless extracurricular activities, such



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Should Remembrance Day be a national holiday?

83%
YES, TO
SHOW
RESPECT
FOR PAST
SACRIFICES



17%
NO, I CAN
REMEMBER
AND WORK AT
THE SAME
TIME

Local tweets



► @inkscrblr: I am losing my cool here waiting for arts

council and city council to call me re: public art. Pick up the phone! #ldnont

► @DayaCounselling: Hi November. I'm really enjoying the nice weather you've been giving us. Don't go changing! #ldnont #Feels-LikeSpring

► @patsearle: #LdnOnt & #UWO: City Symposium speakers series happening tomorrow at 7PM in the Wolf Performance Hall of the Central Library! Come out!

► @Mitch_505: Thanks group of loud annoying freshmen girls in King's library. I'm enjoying the free philosophy lecture. #uwo

#loudpeople #shutyourface

► @muliajamone: "sorry, i got distracted by a sparkly thing on the floor" love my profs #uwo

► @mnguyenvu: this bean bag chair feels like heaven #uwo

► @MelissaDeLuca: Walked around downtown #ldnont today - @CGFarmersMarket was bustling & the decorations are out at Kingsmill's! #beautiful #tis-theseason

Letters

VETERANS. RE: *Homeless veterans in fight for their lives*, published Nov. 8

As a Second World War veteran, 90-years-old on March 10, 2012, this item caught my eye. It points out several salient bits of information. I too believe vets would benefit from having more Veterans Affairs outreach workers coming to them and explaining how to qualify for government support.

Vets simply do not know because the information is not out in the public.

A further concern is that while Second World War veterans may qualify for help if they have a disability related to their war experience, what happens if someone who got a one-time payout develops a service-related illness later in life?

Finally, Veterans Affairs Canada in their publication Salute publishes a column called "How to Reach Us." Somehow that should appear in most federal government offices.

And, regional offices should have funding for an individual and or individuals who are available for on-site meetings with veterans.

JOHN BEECHING
VANCOUVER

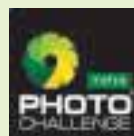


photo of the day



► This photo titled *Children: Strength and Power*, was submitted to the Happiness category by Daniel Benitez from Mexico.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Occupy Denver has more bark than bite

Occupy Denver has elected the most unlikely of leaders: A dog.

The three-year-old border collie named Shelby was elected in response to what the protesters said was Denver Mayor Michael Hancock's "insistence" the movement elect a leader.

"Shelby is closer to a person than any corporation: She can bleed, she can breed, and she can show emotion. Either Shelby is a person, or corporations aren't people," Occupy Denver's



► Shelby will have a translator for "all legal and police matters."

website stated.

Shelby will be introduced to the mayor and Colorado's governor and she will be leading Saturday's Occupy Denver march "against Corporate Personhood," the site said.

She "invites all other civic-minded dogs (and their leash-holders) to join" the march, the protesters say.

TORSTAR NEWS SERVICE

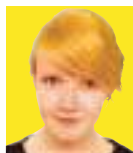
2
scene

Finding common ground

► Del Bel came together on the road with other bands ► Out of Sound releasing three albums

BACKSTAGE
PASS

AMANDA GRANT
METRO LONDON



It takes a lot of motivation, passion and team work to release an album.

You have to find a recording space and a sound engineer. You need to write and arrange the songs, design and source CDs or vinyl and you need to promote the finished product.

For many musicians the process is fraught with obstacles, and without help, becomes only a dream.

Adam Sturgeon wanted to help, so he started Out of Sound records, a small label with a lot of heart based in London. He has relied on do-it-yourself culture to release 26 albums for bands across Canada and in the United States.

On Friday night, Out of Sound will celebrate nearly 10 years in the business by releasing three more albums by Wild Domestic, Del Bel and Glory Glory at APK Live.

"It's not easy for a brand new band to release a record on any label," says Michael Brooks, guitarist in

"It's not easy for a brand new band to release a record on any label."

MICHAEL BROOKS



► Del Bel's first album Oneiric was a collaborative effort.

Del Bel. "Adam has this momentum and provides those skills a band might not have to get something released."

Del Bel's first album, Oneiric, features a super group of Canadian talent with members of Ohbijou, Sun Parlour Players, Bry Webb Band and Do Make Say Think contributing.

"In Southern Ontario, the music world is pretty small," says Brooks. "Everyone is playing with everyone else. When a band reaches a certain number of members you start to feel like collectively you're

tied to everyone in the scene."

Del Bel began as Tyler Belluz's project. He started to experiment with recording and collaboration, creating dreamy, cinematic songs with friends in a barn on the Bruce Peninsula.

"It was basically this throbbing creative space," Brooks says. "We all kind of met out on the road but found common ground from these barn retreats and became a band."

"We're excited to take those sessions and turn them into a live performance," Brooks says.

Del Bel will perform alongside local jam rock outfit Wild Domestic, also releasing their debut album on Friday.

"It's been a long time coming," says one of Wild Domestic's drummers, Nathan Lamb. "It's going to be great to share this thing we've been working on for two years."

Although Wild Domestic has performed regularly in and around London since it formed in 2009, the band took its time to perfect its first release.

Like Del Bel, Wild Domestic's album was record-

ed by a band member, Lamb.

"I felt a little bit like I had to be extra careful because I had two perspectives — as an engineer and a musician," Lamb says. "Wearing both hats and working with the band took a lot of compromise and a lot of discussion."

"At the end of the day, we decided that whatever sounded like our live performances were always the best takes. I wanted it to be as close to that live emotion as it could get."

Tickets are \$5 at the door, music starts at 8 p.m.



Elton

Singer Elton John has unveiled a charity project to fight the HIV/AIDS epidemic in Ukraine, believed to be the worst in Europe. The program will allow homeless women who are at high risk of contracting HIV to be tested for the virus.

THE ASSOCIATED PRESS

5 things to know about Call of Duty

► From celebrities to sales, get up to speed on the details of the biggest game on the planet

The year's biggest videogame was unleashed Tuesday. Here's what you need to know, whether you're a gamer or not.

1. Sales

When we say Call of Duty: Modern Warfare 3 is the biggest game of the year, we mean it. In fact, this could be the best-selling

game of all time, beating the previous record-holder, last year's Call of Duty: Black Ops, which racked up more than \$1.5 billion in sales. That's more than the worldwide gross of any film ever, save for Titanic and Avatar.

2. Battlegrounds

So what's the game about?

World War 3, basically. Like any good blockbuster, New York, Paris and London are among the cities terrorized, turning into virtual battlegrounds, and Russia is an antagonist.

3. Stats

The Activision title goes beyond the box. The service Call of Duty: Elite logs your stats and allows for

social networking; a premium version leads to actual real-life prizes and more.

4. Celebrities are involved.

Grey's Anatomy star Kevin McKidd voices a Task Force Captain, and character actor William Fichtner (Armageddon) and Corey Stoll (Hemingway in Midnight in Paris) play Delta

Force ops.

5. Not Battlefield

Don't confuse this with Battlefield 3. This week's other big combat game, from Electronic Arts, also involves nuclear terrorism, scenes in Iran, Paris and New York and multiplayer battle. Both titles have rabid fan bases.

● METRO WORLD NEWS



Sales rise for 'Assassin of Spies,' a novel pulled by publisher over plagiarism complaints

Life as a 'hot Latin woman'

► Sofia Vergara happy to represent Colombia in her role on *Modern Family*



NED
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METRO WORLD NEWS IN HOLLYWOOD

While she insists she had no comedy background before coming to the United States, Sofia Vergara steals the show among a cast of comic talents and Emmy winners as Gloria on *Modern Family*.

It's a part that's catapulted her to fame in the States, meaning more people recognizing her in public — unless she keeps quiet.

"As long as I don't speak, I'm safe," she says in her distinct Colombian accent, which is only slightly exaggerated for the show.

How important is it that your character is Colombian? And what do you think about the jokes about Colombia featured in the show?

I love it, I think it's fantastic and everybody loves it. You know, Colombians, we don't get offended. It's not like the writers are inventing things about Colombia, you know? It's a

reality, what can we do? We just have to laugh about it. You know, the country has changed. It's not like that's happening in Colombia right now, thank God. So I don't get offended at all. I think it's hilarious. I think it's funny.

Modern
Family airs
Wednesday
nights on
Citytv



► Sofia Vergara says she often gets mistaken for her son's sister.

There aren't a lot of Colombian icons in the U.S. Do you feel like you're filling that

role?

Well, I love it because there's not a lot of known actresses. I mean, we have Shakira, who is one of the biggest singers right now. She's from Barranquilla, my hometown.

But there was nobody on national TV or like a known household name, and for me it's been amazing to represent Colombia — you know, to not only represent me as a Colombian actress, but with the show that I'm able to show a little bit of Colombia, not only the stereotyping things about the bad things, the mafia, whatever, but also like the food or the real essence of the personality of a Colombian person.

So you like what the writers have done with Gloria?

For them to write for a hot Latin woman, I thought it was going to be a problem, but they're great. At the beginning I was worried — "How are they going to know how a Latin woman thinks?" They even write my mispronunciations now. They know me so well. Usually they write, "And Gloria says something in Spanish," and they let me say whatever I want, you know? They're not going to tell me what to say in Spanish. And of course I say something that I think is funny.

Kelsey Grammer rules supreme on Starz drama *Boss*

It goes without saying, Kelsey Grammer had a spectacular run as pompous but goodhearted Dr. Frasier Crane, scoring critical and popular success in a sitcom role whose duration is matched in TV annals only by James Arness as Marshall Matt Dillon on *Gunslinger* a generation earlier.

But radio shrink Frasier, along with Grammer's many other roles in a four-decade career (including *Macbeth* and a repressed gay dad in the Broadway musical *La Cage aux Folles*) are merely a prelude to Tom Kane, the fiercely charismatic and flawed mayor of Chicago he embodies on the Starz drama, *Boss*.

As Kane, Grammer has retired Frasier's arch, prissy style with no trace left behind. He has transformed himself into a figure of dominance, defiance and endangerment — Kane's long reign is imperiled by a degenerative brain disease that looms as a more formidable threat than any political foe.

It's a positively Shakespearean premise, says Grammer, who drew inspiration for it from the tragedy *King Lear*, whose hero he calls a "launching pad" for Kane.

"Here's a power guy, now failing, who wants to

preserve his legacy," Grammer says. "But how is he going to dispose of his kingdom and leave his mark on it?"

Grammer must play this character on several levels. As Kane confronts his impending frailty and doom, he must continue to pose as an indomitable force — and as an upright leader, even though behind the scenes he operates with means-justify-

the-ends ruthlessness.

"He will have a nuanced descent into what will

finally be his demise," says Grammer, making clear neither Kane nor the audi-

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► Kelsey Grammer plays Tom Kane, the mayor of Chicago, in *Boss*.

Kelsey concoction

► Grammer developed *Boss* with its creator, Farhad Safinia (*Apocalypse*), with whom he is an executive producer.

ence can expect a happy reprieve. "To me, the show is about the fight on the way down."

Fans of *Boss* are guaran-

teed the fight will go on for at least a second season: The series was renewed by Starz even before its first season began. And Grammer is confident of many more: "Maybe six seasons. Five, for sure."

Boss also stars Martin Donovan, Connie Nielsen, Kathleen Robertson, Hannah Ware, Troy Garity and Jeff Hephner.

THE ASSOCIATED PRESS

Sculpting the body of a god

► Getting into god-like shape for Immortals wasn't an easy task ► The guys dish on bringing perfection to life

NED EHRBAR
SCENE@METRONWS.CA
METRO WORLD NEWS IN HOLLYWOOD

The "joys" of the diet: Stephen Dorff (Stavros):

"The crew would break for lunch and we couldn't go near it. We would get these little stunt meals in this box and we'd be hungry right afterwards. It was very clean, no carbs. To have no body fat you have to eat ridiculously clean. It's very boring — no salt, none of the good stuff. So on my day off I

would go to McDonald's, ice cream places and pizza places and eat until the point that I feel sick. Because if you are eating a certain way for a couple of months, your body reacts weird when it gets a quarter-pounder with cheese.

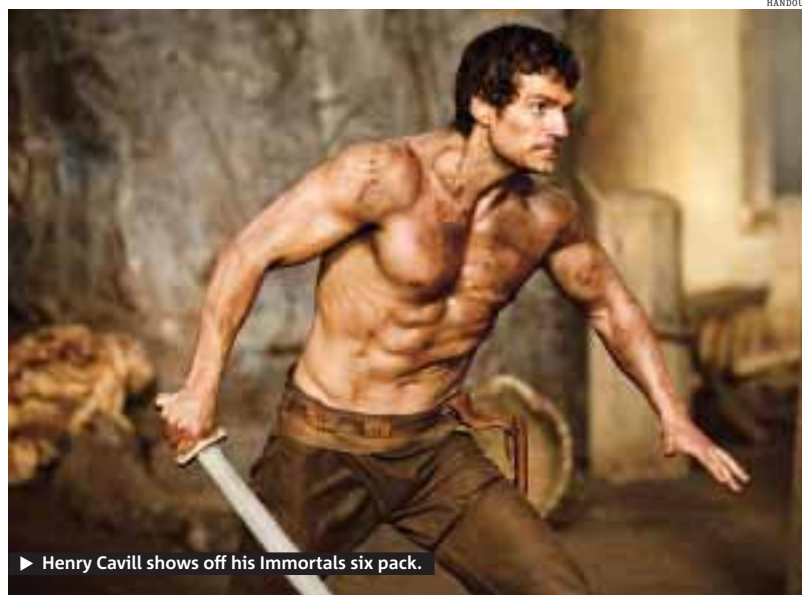
The downside of looking so good:

Stephen Dorff: "The only problem was I had crazy abs that wouldn't go away. For my next movie, I had to not look like I was in a gym. So it was complicated. I had to

learn to stick my stomach out so I could hide my Immortals body. Took a while. You have muscle memory when you work out that hard."

Luke Evans (Zeus): "I now have a bone that's raised on my shoulder, which I never had before, which is like a scapula or clavicle tear. It's never gone down. I just have this strange structural skeletal problem now, thanks to Immortals."

Letting the training help



► Henry Cavill shows off his Immortals six pack.

with the acting:

Luke Evans: "I trained for seven weeks and I had to do it in fast-paced training. It makes you stand differently. You look yourself in the mirror and you look different. I saw my body change in seven weeks. It does definitely

do something to inform your character in a sort of subliminal way. It definitely had an effect for me."

Henry Cavill (Theseus):

"It's like wearing a permanent costume. Before work when you look in

the mirror — or even before looking in the mirror — you do feel different. A part of the character is more expressive in you and so when you're in that kind of shape, I essentially was wearing my costume because I barely had no costume."



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Clint Eastwood makes the day

► At 81, film legend still has a commanding presence
► J. Edgar director admits being fascinated by Hoover

RICHARD CROUSE
SCENE@METRONEWS.CA

I'm tempted to borrow a phrase from MGM to describe the star-studded reception before the first-look screening of J. Edgar on Monday night in midtown Manhattan.

The studio boasted having "more stars than there are in the heavens," but this wasn't an MGM party, it was a Warner Bros soiree to celebrate their latest Oscar hopeful – a biopic about the controversial and enigmatic J. Edgar Hoover, who spent five decades as director of the

FBI.

To my left 60 Minutes reporter Steve Croft worked the room. In another corner Alan Cummings chatted quietly to friends. David Byrne mixed and mingled and Tower Heist co-star Judd Hirsch snacked on sashimi from the sushi bar.

Behind the food stations framed posters of some of the biggest stars from movie history looked down on the party goers.

They are keepsakes from the Warner Bros legacy; a reminder that the company has been making movies for almost as long as there have been movies

to make.

Then a real life reminder of that legacy walked into the room. Clint Eastwood, J. Edgar's director, quietly slipped into the party. Well, as quietly as one of the most iconic movie faces of all time can slip into a room. With him was Leonardo DiCaprio, Armie Hammer ("Not Arm and Hammer, but Armie Hammer," Eastwood jokes) producer Brian Grazier and Oscar winning screenwriter Dustin Lance Black.

The weight shifts in the room, as though Clint's star power has a gravitational pull all its own. At



► Clint Eastwood and Leonardo DiCaprio teamed up for J. Edgar.

81, he's more weathered than when he made Dirty Harry a household name, but it is impossible to look at him and not have memories of "Go ahead, make my day..." or the Man with No Name character awakened, and everyone at the party feels it.

Inside the screening room he introduces his J. Edgar actors and creative team. After a long list of names he pauses and says, "that takes my memory as

far as it will go." Holding for the laugh, he continues, "I've always been curious about J. Edgar Hoover... and I still am."

That's it. Like his characters, Eastwood's a man of few words. Or maybe it was the hour; it was only eight o'clock. But as someone sitting behind me joked, "He only works from nine to five."

I guess when you're a legend you can set your own hours.

Films directed by Clint Eastwood

- Bronco Billy
- Unforgiven
- Letters from Iwo Jima
- Gran Torino
- Million Dollar Baby
- Mystic River

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Please move over Valerie Bertinelli

► Mariah Carey adds some serious stardom to Jenny Craig

THE WORD

DOROTHY ROBINSON
SCENE@METRONews.CA



Jenny Craig attracts, let's say, "mid-level" household names to be their spokespeople. Sara Rue, Valerie

Bertinelli, Phylicia Rashad and Jason Alexander are among those C-listers who have been paid handsomely to shill the weight-loss company.

But they must have paid buckets of cash to afford their latest spokesperson, Mariah Carey.

The company's big celeb was revealed Wednesday at New York City's Four Seasons. Carey arrived 20 minutes late to the conference and was escorted all the way to the stage for what we thought would be to take questions from reporters, which is why we were there. Instead, she was just interviewed by Gayle King about her involvement with Jenny Craig, which, by the way, is



► Mariah Carey

now just called Jenny.

Carey says she started Jenny in July and has lost 30 pounds so far. She told King she was approached by three different weight loss companies while pregnant but picked Jenny because she clicked with the people and liked their partnership with the American Heart Association.

"Some other suitors have great money, have great whatever it is that their concepts are, (but) I didn't really connect with the people, and this was only over the phone at first. The first time I spoke with the executors at Jenny it was like we really clicked in terms of the fact that they had a vision beyond weight loss."

We also learned about Carey's love of business calls while in the bathtub.

"Like all day every day when I was pregnant (I was) in the bath, with a towel, seriously, doing business calls, talking to lawyers with water splashing," she revealed.

"(My trainer) Bernardo and I were doing exercises mainly in the water."

As she demo-ed some of her aquatic moves, she made sure to look good in the process: "Let me do it more elegantly for the photo — please don't get a bad angle."

And P.S. Yes, there was a towel in the bathtub. Carey says that she was so embarrassed by her pregnant body that she never went naked. Anywhere.

"I was never nude. I had a towel on in the tub, I had clothing on in the tub," she told King. "I'm not lying, I promise you. You think I would let Nick see me looking rancid like that?"

Rancid? One thing for sure, Mariah Carey will not become the spokeswoman for Earth Mothers International anytime soon.

IMMORTALS

GET AROUND

Pictured at the right are eight of the biggest names from **IMMORTALS**. They are shown as they appear in the film, a classic tale of good and evil, which opens November 11. You may know them from their work in other films or on TV.

Here's hoping, because we've given you another character they have played at left. It's up to you to match the character with the actor or actress.

Match Them Up

1. **Randy The Ram Robinson**
(Oscar nominee)

2. **Aramis**
(think Musketeers)

3. **Emmett Cullen**
(Twilight time)

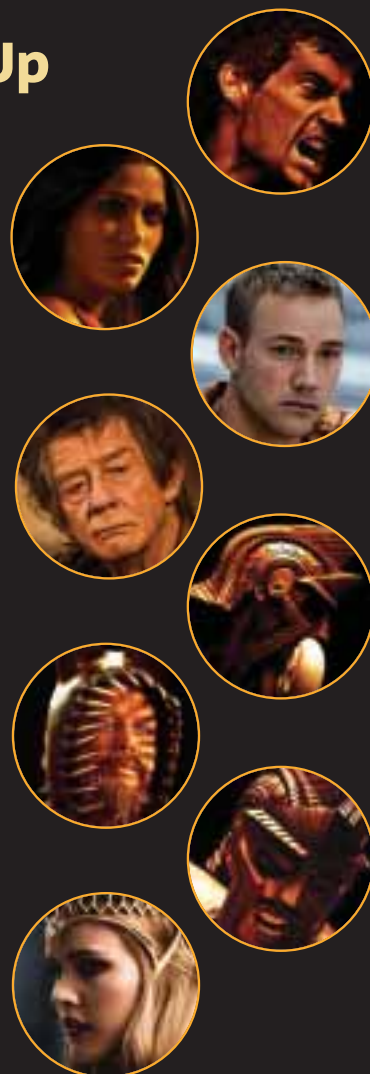
4. **Latika (going Ape)**

5. **Charles Brandon**
(Tudor times)

6. **Mr. Ollivander**
(those Potter films)

7. **Alison Bromley**
(think Vampires)

8. **Jason Tanner**
(Beachy, but no bum)



LUKE EVANS IS 1, HENRY CAVILL IS 2, MICKEY ROURKE IS 3, KELLAN LUTZ IS 4, FREIDA PINTO IS 5, STEVE BYERS IS 6, JOHN HURT IS 7, and ISABEL LUCAS IS 8.

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ImmortalsMovie.ca

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ALLIANCE

Celebrity tweets



so this past week and even today every rumor and lie about me possible has been coming out in the press. Just need to ignore it.



@justinbieber



@mindykaling

I think I'm excited for Jack & Jill because it seems like one of those movie parody trailers from Tropic Thunder



3 life

Style Pick

KANE DOES DENIM

Designer lines for mass market brands are now about as common as a pair of skinny jeans. But Christopher Kane's new capsule collection for J Brand has a refreshingly new angle to it: He designed the neon bright denim to complement his resort collection. It's an interesting strategy and one that maybe the H&Ms of the world should explore as well. **● KENYA HUNT**



CHRISTOPHER KANE FOR J BRAND

jbrandjeans.com



New Canadian Olympic apparel channels retro style and the great outdoors.

The school girl goes to work

► Revisit school uniform staples, such as the necktie, A-line skirt and classic satchel, to build a retro look for work the same way this stylish Londoner did here

MICHELLE BOBB-PARRIS

Remix her style



► Name: Amy Marks
► Spotted: London

KENYA HUNT
LIFE@METRONEWS.CA

METRO WORLD NEWS IN LONDON



1



2



3



4

1 ACNE

wedge booties
\$770, acnestudios.com

2 ASOS

blouse
\$63, asos.com

3 RAOUL

skirt
\$295, shopbop.com

4 ZARA

messenger bag
\$90, zara.com

Giving love to the skin you live in

THE KIT

Breaking Bad

Extracted from a tree fungus, the active enzyme in Luminaze Catalytic Skin Tone Illuminator actually lightens bark. In this two-step serum, it breaks apart dense areas of melanin, such as sun spots and acne leftovers, and gently



brightens overall skin tone.
\$120 (30 ml),
thebay.com

Ingredient Alert

Skin-care line Algenist uses alguronic acid as its key anti-aging ingredient. A component of microalgae, alguronic acid is responsible for the

renewal and protection of microalgae cells. It's also a crazy-good H2O-hoarder. Take that, thirsty skin!
Algenist Concentrated Reconstructing Serum, \$115, algenist.com

Blue Light Special

The Tria Skin Perfecting Blue Light takes aim at the bacterial core of blemishes. For general complexion improvement,

this at-home unit uses the same blue light and intensity as professional machines to clear and prevent breakouts.
\$245, triabeauty.com

Spot Treatment

Wipe out irksome mild breakouts with textured acne-



fighting pads. Infused with natural salicylic acid via willow bark extract, Josie Maran Blemishes R Gone pads also contain skin-softening argan oil.
\$36 for 60, sephora.com

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MISUSE OF HAND-HELD DEVICES, LAPTOPS CAN STRAIN EYES: EXPERTS

Some people say the eye is the most precious organ. That makes it all the more important to preserve and protect your vision throughout life, from infancy to old age.

But misuse of today's growing array of hand-held and laptop gadgets can strain the eyes, making it difficult to maintain vision health.

One of the biggest problems, says Samuel N. Markowitz, a Toronto ophthalmologist, is using these devices in sub-optimal viewing conditions. For example, people sit in bed shining a tiny bright light on their iPad, or use their BlackBerry in dark subways.

In an office environment, the overhead lighting shouldn't be "stark," says Joe Chan, a Mississauga optometrist. "Fluorescent lighting can bother the eyes." Instead, use a desk lamp with an adjustable arm that focuses diffused light on what you are working on.

Chan recommends keeping the computer screen “a good arm’s length away” from your eyes and at a downward angle. As well, he suggests the “20-20” rule: Looking at something about 20 feet away from the screen every 20 minutes or so to give your eyes a rest. “When you stare at the screen, you don’t blink,” he says. “Your eyes try to compensate by watering,



ISTOCKPHOTO/THINKSTOCK

and this dries them out and can damage the surface of the eye.”

Years of eye strain can start to interfere with vision as people reach the age of 30 or 35, says Markowitz. Your specialist can check for eye problems, including presbyopia, age-related loss in flexibility of the eye's lens, and hyperopia, or far-sightedness, which can be corrected with prescription eyewear.

A common cause of eye problems is not taking proper care of contact lenses, which have become extremely popular. "I think it's part of human nature to try and cut corners," and not clean and soak lenses diligently, says Chan. Improper care can lead to a buildup of protein on the surface of the eye.

And don't ever leave your contact lenses in overnight, say both Chan and Markowitz.

—*Pauline Anderson*

ENJOY THE GIFT OF CLEAR SIGHT WITH LASIK

Thinking of treating yourself this Christmas? There's no better time to consider the gift of clear vision with laser vision correction.

LASIK is a safe and effective alternative to glasses and contacts as evidenced by its 20-year track record. Over that time, more than 35 million LASIK procedures have been performed around the world. The LASIK procedure corrects common refractive errors such as nearsightedness (myopia), far-sightedness (hyperopia) and astigmatism (irregular curvature of the cornea).

"The surgery is painless and quick, taking less than 10 minutes of operating room time," said Dr. Mark Cohen, co-founder and national medical director of LASIK MD, Canada's only national laser vision correction provider. "The procedure is characterized by short recovery times, as most patients are able to return to work the following day with dramatically improved vision."

LASIK has minimal side-effects, and most are temporary or easily treatable. The few reports of glare and halos at night that some patients used to complain about have all but disappeared thanks to technological advances.

You may be a good candidate for laser eye surgery even if your prescription isn't stable. Past prescription changes are not a good predictor of future changes and do not help deliver more predictable or safer results.

Another misconception is that the surgery is an unaffordable luxury. When you consider the annual costs of glasses, contact lenses and solutions, you will likely find that LASIK is more economical in the long term.

Most laser vision correction providers offer free comprehensive eye exams, which will determine your candidacy. If you are deemed a candidate, book your procedure and you will be on your way to enjoying life without glasses and contacts.

—*Pauline Anderson*



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IT'S EASY BUYING EYEGLASSES AND CONTACTS ONLINE

Alana Jestadt, 28, a manager of a Toronto spa specializing in natural products, has been wearing glasses and contact lenses since she was a teenager. Tired of paying out of pocket for her prescriptions, and with limited resources, she started to explore online options.

She learned that by eliminating the costs and markups that go into running and staffing a retail outlet, online companies can save her a bundle — up to 70 per cent — and she can still get a beautiful pair of designer glasses.

Buying online is not only less expensive, but more convenient than coping with crowds and long waits for in-store service.

And it's an easy process. After getting an updated prescription for glasses or contact lenses from a trusted eye care professional, “just head to our site and browse for your perfect pair of frames,” says Erin Taylor-Mitchell, executive editor, ClearlyContacts.ca, an online Vancouver-based optical store. “You can narrow your search based on size, brand, price, shape and colour. Once you've found your favourite frames, simply enter your prescription,

VIRTUAL LENSES



choose your lens, and check out.”

The site helps customers choose the most suitable frames, and for someone like Jestadt in the beauty and service industry, this is a real plus. She loves using the ClearlyContacts.ca “virtual mirror” and getting her friends to comment on how each pair looks after send-

ing them an online photo. She also enjoys using another tool that helps her find the glasses that best complement her unique face and features.

Jestadt also appreciates the fast door-to-door service. “Our goal is to get your glasses to you in less than five business days, but have been known to

surprise people with next-day delivery,” says Taylor-Mitchell. She adds that free shipping is also currently available for orders over \$99.

And if Jestadt changes her mind? The company has a 365-day return policy and even pays return shipping.

— Pauline Anderson

CHANGING VIEWS

Most of us have access to corrective eyewear that allows us to clearly see the beautiful world around us. But not everyone is so lucky. Some 560 million people in this country and around the world have vision problems and, for them, buying eyeglasses is simply a pipe dream.

ClearlyContacts.ca founder Roger Hardy has stepped in to change that. Last year, he started a charity project called Change the View. To date, his company has donated thousands of pairs of glasses to needy people throughout Canada, the United States, and as far away as West Africa, Kenya, New Delhi, Haiti, Honduras and Panama.

“We believe that everyone has the right to clear vision and we want to help make this right a reality,” explains Hardy.

“Poor vision can lead to injuries that are preventable, limited learning capability for kids in school, and loss of employment. Being able to see clearly results in increased earning potential and improved quality of life.”

Every time you buy frames from participating designers, a second pair — the frames as well as prescription — is donated to someone in need.

FASHION STATEMENT

From runways and big screens to classrooms and boardrooms across the country, glasses today are more of a fashion statement than ever before. Celebrities help shape what's hot in eyewear; think Justin Timberlake's big and bold square glasses, or Tina Fey's sleek and refined oval-shaped specs.

Once merely functional, eyeglasses are now a fashion staple. “Glasses have transformed from being a needed medical device to a wanted fashion accessory that can totally transform your outfit,” says Erin Taylor-Mitchell of ClearlyContacts.ca. “The fact that people purchase frames with non-prescription lenses just so they can rock the latest geek chic style is a perfect example of this.”

This geek chic look combines vintage shapes like oversized square frames with retro colours such as rich tortoise shell, says Taylor-Mitchell. Another big trend today is vintage style frames, thanks to the popularity of TV shows such as *Mad Men* and *Pan Am*.

And watch out for frames in loud colours like lime green and bright orange, as well as novel hues such as burgundies and purples.

There are also leopard skin and other bold prints and patterns to choose from.

Having multiple pairs of glasses to



match different outfits is also the rage. “Just recently, we asked our customers how many pairs of glasses they owned and were impressed to see collections ranging from three pairs to over 15 different pairs,” says Taylor-Mitchell. “With glasses now being affordable, our customers are able to change up their look depending on the occasion. What woman wouldn't love to have a pair of glasses to match each of her pairs of shoes?”

The optical market has expanded to accommodate the growing demand for glasses that express one's personality. “We believe that glasses are an extension of who you are,” says Taylor-Mitchell. “Glasses are the first thing people see, which is why it's so important to live your style and personality through them.”

CLEARLY CANADIAN

While working for a contact lens manufacturer, Roger Hardy discovered that optical stores significantly mark up prices for contact lenses and eyeglasses. Recognizing an opportunity to better serve customers, he founded ClearlyContacts.ca in 2000.

Since then, the Vancouver-based company has become the largest online optical store in Canada, with sales of glasses growing by a whopping 100 per cent every year. Analysts expect company revenues to exceed \$180 million in 2011.

To date, ClearlyContacts.ca has sold more than one million pairs of eyeglasses. More than three million customers can choose from a selection of more than 1,500 designer styles that constantly changes.

All the company's glasses are manufactured in Canada by a talented team that uses the highest quality materials. And the products are delivered right to your door — at home or the office.





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Small space holiday dining

► Versatility is the key when choosing dining furniture for your home

DESIGN CENTRE



KARL LOHNES
HOME@
METRONEWS.CA

Q: I will be hosting Christmas dinner this year so I quickly need to furnish my dining area.

The room is 9x9 and is part of an L-shaped living/dining room in my condo.

What size/style of table and chairs should I buy?
Beatrice Kington, Alberta.

A: Choose an appropriately sized table to suit your day-to-day needs, not a size that you will only use occasionally when more than extra guests come over.

Find a table that is expandable in order to accommodate a more than average amount of guests on special occasions.

Your dining space is fairly small, so I suggest choosing a 42-inch round table, which will seat four people comfortably on a daily basis, or up to six in a pinch.

A round topped, pedestal based table will be your best choice as there will be

The breakdown

Karl's mathematical rules for dining decor:

- Allot for 30-36 inches of walking space on all sides of your table.
- A dining room light fixture should be hung 30-36 inches above the table.
- Each foot of the room's width equals two inches of diameter for the dining light fixture.
- An area rug should be 18-24 inches larger on each side of your table.
- Every two linear feet of table edge allows for one guest to be seated.

no corners or legs to content with, ultimately giving you more freedom as to where guests can be seated. If the table is expanded for extra guests then allow the longer shape to creep into the living area when entertaining.

Buy four comfortable Parson-style dining chairs that will permanently sit around the table. They then can be brought into the living area space when extra

seating is needed.

Purchase four additional folding or stacking chairs that can be brought out on the special occasions when lots of guests need to be seated around the table.

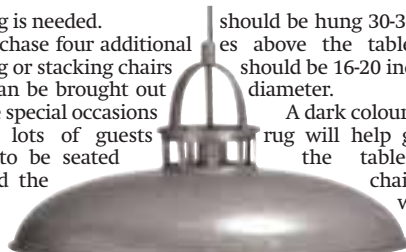
Adding a slim bookcase or credenza against the back wall will offer up great storage for extra dishes, wine glasses and linens as well as create a place for serving dishes while dining.

Keep the overall look of it light and airy so it doesn't visually fill up the small dining space.

A hanging light fixture will help define (and illuminate) your new table.

The fixture

► Redar Stacking Chair, \$50, Ikea



► Victory Pendant, \$179, CB2



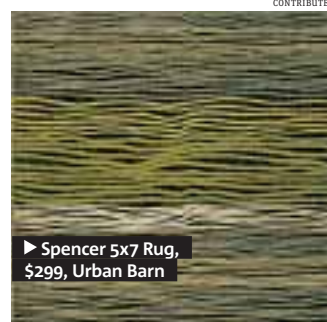
► Avalon Extension Table, \$599, Crate and Barrel



► Reflection Sideboard, \$999, Urban Barn



► Willoughby Chair, \$300, West Elm



► Spencer 5x7 Rug, \$299, Urban Barn

WHEN RUBBING IT IN ISN'T A GOOD IDEA

CHARLES THE BUTLER



ASKCHARLES
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FOR MORE, VISIT
CHARLES
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Dear Charles the butler, We recently purchased a Natuzzi sofa in beige microfibre. Unfortunately our cat vomited on it twice during the night and by the time we found out it had dried. I tried to clean it with water but the stains are still there. Are there any chemicals that would clean it? Maria

Hello Maria,

If only we could train our pets to be sick on the kitchen floor rather than on rugs, furniture and beds! OK, let's deal with the stain. You have two options: you call a professional upholstery cleaning company or you can attempt to clean it yourself. Now this depends how confident you are. I personally would give it the old college try, but of course it's up to you. Remember that every stain revolves around three things: speed, cleaning agent and technique.

- 1 Speed**
I assume and hope you tried to take as

much of the vomit's "volume" off the couch before anything else. A spatula or soft plastic spoon is ideal for this. Dealing with stains quickly is very important to success.

- 2 Cleaning agent**
In a large bowl, mix 2 cups of warm water, 1 tbsp of table salt, ½ cup white vinegar, 1 tbsp clear dish soap and 2 tbsp rubbing alcohol. Mix well by hand until all is dissolved.

- 3 Technique**
Dip a clean sponge into your homemade solution. Remove some liquid from

the sponge and then press into your vomit stain. Don't rub in the solution. Instead, apply it to the stain and then absorb the moisture with a clean paper towel or an old clean towel. Again, don't rub it in. What you are essentially doing is applying the homemade cleaning solution and then absorbing the liquid vomit mixture back in a clean cloth. Do this repeatedly back and forth until it appears that all of the vomit stain has been removed. Now before you try this, please test it out on an area of the sofa that will never be seen. I'm confident in the technique, but I want to know



how the microfibre fabric will respond to the cleaning agent. Once you test it, this will give you the answer to either proceed confidently or call a professional. Please let us know how this stain removal technique turns out for you. **HAVE A QUESTION?**
ASKCHARLESTHEBUTLER@METRONEWS.CA

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Getting benched ain't so bad

► Grace Bonney on how to turn a flea market find into a life-saving storage unit for your home

Rolling storage bench

1 Flip your box upside down and attach casters to the four corners. Use screws that are short enough that they don't come through to the interior of the box.

2 Flip the box upright and measure from edge to edge for your box top. Cut your plywood box top to fit, and sand the edges.

3 Lay your foam on the floor and place the box lid on top. Trace around the edges of the plywood lid and cut the foam to size with a utility knife or electric knife.

4 Repeat step 3 with the batting, leaving a three-inch border of batting on all sides so you can pull it over the foam and staple it to the back of the plywood lid. Repeat the

process with your fabric.

5 With the fabric face-down on the floor, centre the batting and then the foam on top. Place the wooden lid on top of these three layers and pull the batting and fabric over the edges of the lid, using a staple gun to secure them. Work your way around the edges of the lid, pulling the fabric taut and stapling as you go.

6 Once you've finished stapling, cut off any excess fabric. If you want a more polished look for the underside of the box lid, cut a piece of fabric one inch smaller (on all sides) than the lid and staple this in place.

7 If you have children, or would like to ensure that your lid is secure, you can install safety hinges to keep the top from slamming down on small fingers.

EXCERPTED FROM DESIGN SPONGE
AT HOME BY GRACE BONNEY

Materials:

- Old box (try thrift stores, craigslist, flea markets, and eBay for similar versions)
- Casters and mounting
- screws
- Screwdriver

- Measuring tape or ruler
- Sturdy, midweight plywood (for your lid)
- Saw (if you choose to cut your own lid)
- Sandpaper
- Foam (use two-inch foam

- at least, to create a comfy seat)
- Box cutter or electric knife
- Batting and scissors
- Fabric
- Staple gun and staples
- Hinges (optional)



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Photos with Santa

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Photos with Santa
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Kids Kraft Korner
Exhibitors and seminars
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Weekly Cookbook



Simply titled Pasta (2011. Ebury Press), Theo Randall's debut book offers more than 100 original pasta recipes.

Using fresh and dried pasta, and tasty ingredients, Randall presents a variety of dishes that can be prepared in minutes.

With simple steps, photos and tips, Pasta offers recipes for Linguine with Pesto, Potatoes and Green Beans; Taglierini with Seafood and Tomato, Penne with Sausage, Pancetta and Swiss Chard, among others.

Fancy plating made simple

- Entertaining guests can be stressful ► Make it easier with quick recipes that present well
 ► Yellow Tomato & Fresh Herb Farfalle is a great option that only takes 40 minutes to make

Guests — whether expected or unexpected — can be a lot of fun. To help you focus on the fun instead of the stress of entertaining, this Yellow Tomato and Fresh Herb Farfalle pasta is perfect.

Vegetarian guests will love it and if you want, you can top it with some grilled chicken for those guests who insist on hav-

ing meat in their meal.

Preparation:

1 In a saucepan of boiling water, cook the pasta 7 to 9 minutes or until it is tender but firm. Drain.

2 Meanwhile, in a non-stick frying pan, heat the oil over medium heat; cook the shallots, garlic and hot pepper

Ingredients:

- 4 cups (1 L) PC black label Farfalle Pasta
- 2 tbsp (25 mL) olive oil
- ¼ cup (50 mL) chopped shallots
- 2 tsp (10 mL) minced garlic
- ¼ tsp (1 mL) hot pepper flakes
- 1 can (400 mL) PC black la-

- bel Whole Yellow Tomatoes, chopped
- ¼ cup (50 mL) sliced fresh basil
- 2 tbsp (25 mL) each chopped fresh Italian parsley and tarragon
- 1 tsp (5 mL) sea salt
- ¼ tsp (1 mL) black pepper
- 1/3 cup (75 mL) crumbled PC Soft Unripened Goat's Milk Cheese

Yellow Tomato and Fresh Herb Farfalle

► This recipe serves six.

flakes for 2 to 3 minutes. Stir in the Whole Yellow Tomatoes and juices, basil, parsley, tarragon, salt and pepper. Bring to

a simmer; cook 2 to 3 minutes.

3 Add the drained pasta to sauce; stir to combine.

Transfer to serving bowl; sprinkle with cheese and serve.

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The same old question

- Crosby grows weary of return date speculation, declines to speak to reporters
- Return to action on Friday remains a possibility, but coach says there's no timeline

Sidney Crosby skates hard and fast into a corner, picks up a loose puck and fends off a check. Moments later, he's leading one of those up-ice rushes that look so effortless when he's out in front.

The scene is playing out numerous times during Pittsburgh Penguins practices, and it did so again yesterday during a strenuous 75-minute session that left even the superbly conditioned Crosby sweating and a bit out of breath.

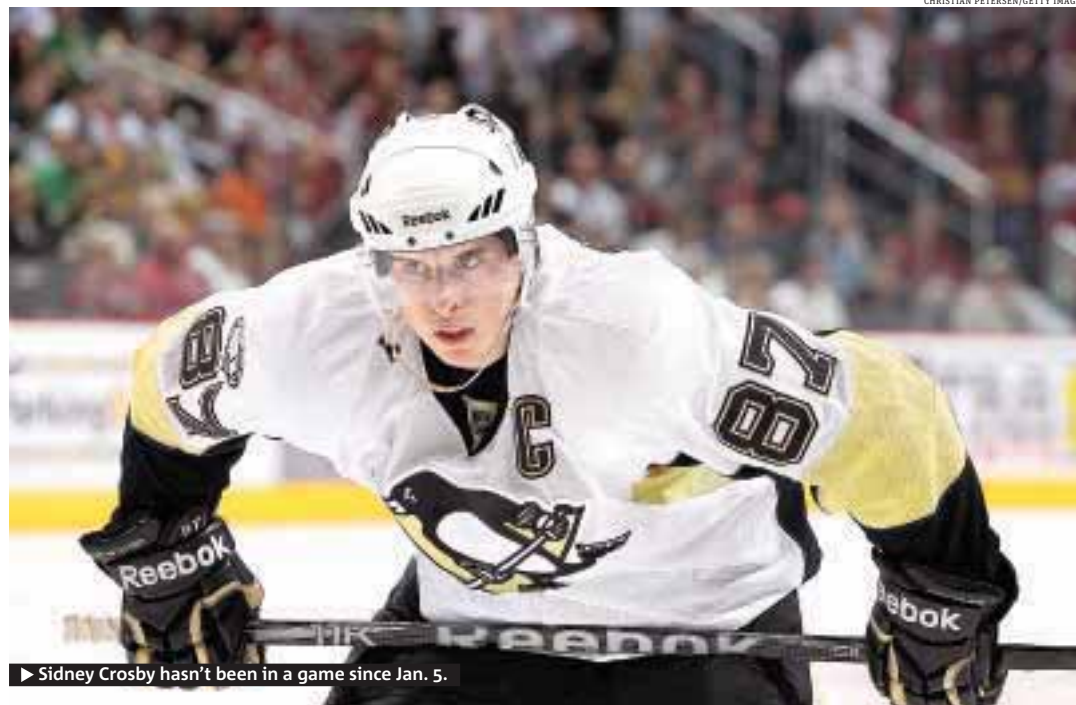
As usual, Crosby was in the middle of everything — the shooting drills, the endurance-building dashes from goal-line to goal-line, the odd-man rushes. Even if he weren't wearing the captain's C, it would be evident after a few minutes that he is the Penguins' leader, the player who makes everything go. Except during games.

The Crosby Watch — the countdown to when the NHL's marquee player returns to game action — remains ongoing, with no definitive date in sight as he recovers from a concussion.

Asked about possible linemates when Crosby does return, coach Dan Bylsma said, "There's no timetable, no date yet for his return. We haven't gotten to that thought process yet."

And Crosby hasn't reached the point yet where he can play.

Crosby, normally more



► Sidney Crosby hasn't been in a game since Jan. 5.

than accommodating with the media, was a bit testy as he declined to talk with reporters, a possible sign he is growing weary of the constant when-will-he-be-back speculation. Crosby also may not talk following today's practice or tomorrow's morning skate.

Crosby did have several leisurely and friendly chats with reporters about topics far removed from his status, but did not speak on the record.

On Monday, Crosby said it was a "possibility" he

"He shows a great willingness to initiate and go to the net, look for that type of situation — one on one, two on one, three on two, expecting contact or not"

COACH DAN BYLSMA ON SIDNEY CROSBY'S PLAY DURING PRACTICE

might play as early as Friday against the Dallas Stars, thereby triggering fan and media speculation his return was imminent. It was the first time this season that Crosby hadn't declined to rule himself out of the Penguins' next game.

But Crosby also said he

wasn't counting on any other date on the Penguins' schedule — not just Nov. 11 — a point he apparently believes was overlooked.

On Tuesday, additional conjecture that a Crosby return was near developed after the Penguins traded Mark Letestu to Columbus

for a fourth-round draft pick and sent fellow centre Dustin Jeffrey to AHL Wilkes-Barre/Scranton on a rehabilitation assignment. Those moves came amid a 12-day stretch in which the Penguins are playing only twice, thereby giving Crosby considerably more practice time and contact than earlier in the season. Such contact was necessary before Crosby could be cleared medically to play.

THE CANADIAN PRESS

4
sports

Quoted



"This is a tragedy. It is one of the great sorrows of my life. With the benefit of hindsight, I wish I had done more."

JOE PATERNO, THE PENN STATE FOOTBALL COACH WHO PREACHED SUCCESS WITH HONOUR FOR HALF A CENTURY BUT WHOSE LEGEND WAS SHATTERED BY A CHILD SEX ABUSE SCANDAL INVOLVING HIS FORMER ASSISTANT, SAID YESTERDAY HE WILL RETIRE AT THE END OF THIS SEASON.

NBA deadline passes, bargaining continues

As commissioner David Stern's deadline passed, the NBA and its players continued negotiating yesterday in an attempt to end the lockout.

The two sides met for more than eight hours to try to hash out a deal to save the season.

Stern had issued an ultimatum to players: Accept the league's latest proposal by 5 p.m. ET yesterday or it would be replaced with a much

harsher one that would drive the sides even farther apart.

Players said Tuesday they wouldn't accept the current proposal as configured and suggested another negotiation session.

The current offer calls for players to receive between 49 per cent and 51 per cent of basketball-related income, though union officials said it would be impossible to get above 50.2 per cent.

Players were guaranteed 57 per cent of BRI under the previous collective bargaining agreement.

The next proposal would call for a 53-47 revenue split in the owners' favour, essentially a hard salary cap and salary roll-backs, which the league originally sought but had taken off the table.

Both proposals were sent to union executive director Billy Hunter on Sunday.

The meeting featuring small groups from both sides was arranged yesterday morning.

Lawyer Jeffrey Kessler took part along with other union negotiators, hours after saying he regretted telling the Washington Post that owners are treating players like "plantation workers" during the ongoing lockout. He added he planned to call Stern and apologize.

THE ASSOCIATED PRESS



► David Stern yesterday



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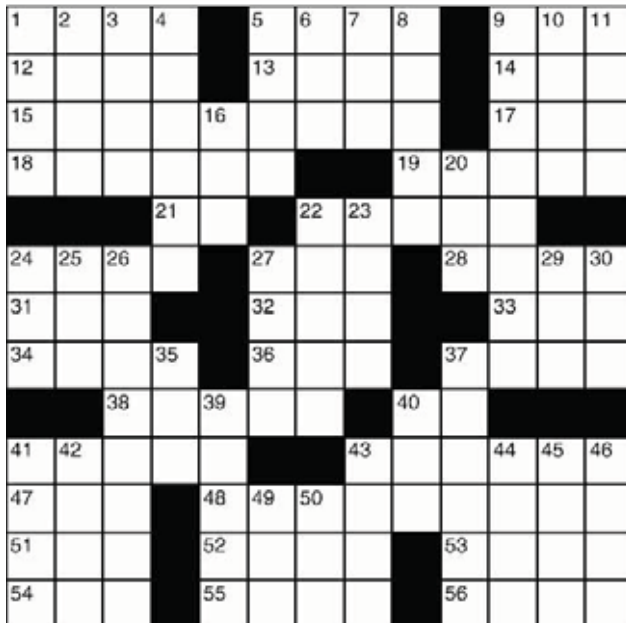

Crossword

Across

- 1 Hardly hirsute
- 5 Teeny bit
- 9 Frat-party item
- 12 Reed instrument
- 13 Unembellished
- 14 A Gabor sister
- 15 Prop in a Gidget movie
- 17 Shrill bark
- 18 Takes the helm
- 19 Saunter
- 21 Opposite of 30-Down
- 22 Crooner Iglesias
- 24 Not barefoot
- 27 Anderson's "High —"
- 28 Frilly
- 31 Debtor's letters
- 32 Towel designation
- 33 Fish eggs
- 34 Legend
- 36 "Characters Wel-come" network
- 37 Probability
- 38 Pop
- 40 Hairstyle
- 41 Boston newspaper
- 43 Plant of the mint family
- 47 Grazing area
- 48 Pub target
- 51 Listener
- 52 Notion
- 53 Pleased
- 54 Conclusion
- 55 Under the influence
- 56 Longings

Down

- 1 Employer
- 2 Touch

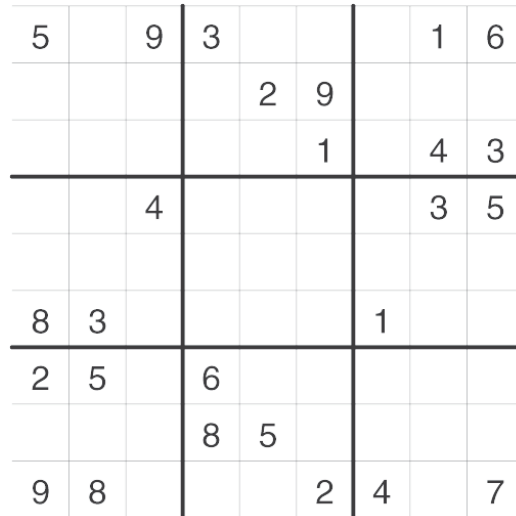


- 3 Traditional tales
- 4 Protect
- 5 Biblical prophet
- 6 Afternoon social
- 7 Bobby of hockey
- 8 Hero's reward
- 9 QWERTY, for one
- 10 Satanic
- 11 Stare stupidly
- 16 Chum
- 20 Wire measure
- 22 Beam supporting a ceiling
- 23 — Major
- 24 Alastair who played Scrooge
- 25 Today, in Tijuana
- 26 Motorboat feature
- 27 So
- 29 Massachusetts cape
- 30 Opposite of 21-Across
- 35 Center
- 37 Study of eggs
- 39 Made over
- 40 Slight touch
- 41 Jane Lynch's show
- 42 Tilt
- 43 Remain
- 44 Crooner Jerry
- 45 Persia, now
- 46 Tosses in
- 49 Big bother
- 50 Agt.

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



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Jamaican lover, I pretend not to like u cause i dont want to be hurt, although i have a bf my feelings for you is still the same, why cant u see it.

UR JAMAICAN QUEEN

Eustace, To my best friend and Travel buddy forever, I hope this makes it out in print since framing this would be great. This year is 11-11-11 for you not only is the date, great. You were even born at 11:11am, now that's fate. I love u always & what didn't break us this yr only made us stronger.

WTCBFF love you. DANNY

hubbie, i love, love, love you... you are so annoying yet so incredibly wonderful, pick a side and stick to it, till then i still love being your wife, don't mind the frequent complaints...lol, c weekend, mo et toi! let's makeee a babyyyyy

ON DIT KOI :)

Today's horoscope

♈ Aries March 21-April 20 A clash over money is likely today but it can be quite easily resolved.

♉ Taurus April 21-May 21 No matter what others might have said or done in recent weeks, you must forgive, forget and move on.

♊ Gemini May 22-June 21 Today's full moon may lead to a few moments of doubt but tomorrow your confidence will soar.

♋ Cancer June 22-July 22 Do something people will remember you for long after you are gone. Just make sure it is something they remember you for with a smile.

♌ Leo July 23-Aug. 23 You are going to have to face and overcome a major obstacle. Look at it from a positive perspective.

♍ Virgo Aug. 24-Sept. 22 Don't take anything you see or hear at face value today because the full moon has a tendency to warp.

♎ Libra Sept. 23-Oct. 23 With today's full moon cutting across the money axis of your chart, someone may try to cheat you.

♏ Scorpio Oct. 24-Nov. 22 You'd be wise to take people's views into account before you do things that may change their lives.

♐ Sagittarius Nov. 23-Dec. 21 The full moon is playing havoc with your emotions. By this time tomorrow you'll be back to normal.

♑ Capricorn Dec. 22-Jan. 20 Certain facts and figures don't add up and you're starting to wonder if someone has been misleading you.

♒ Aquarius Jan. 21-Feb. 18 You are intensely ambitious but if you come on too strong, authority figures may turn against you.

♓ Pisces Feb. 19-March 20 If you pick a fight today, it is you who will come out of it the worse for wear.

SALLY BROMPTON

For today's crossword answers and for expanded horoscopes, go to metronews.ca

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